



Carriere Motion Appliance Instructions

A Carriere Motion Appliance is a direct bond (glued-on) orthodontic appliance. A Carriere turns a difficult Class II “over-bite” or Class III “underbite” into a normal bite before all of the braces or other appliances are put on. The Carriere is measured specifically for your mouth. You will be wearing elastics (rubber bands) and a clear retainer (called a Slip Cover) to help achieve a good bite.

Elastics

You have been instructed to wear elastics (rubber bands). You will have to wear the elastics full time to achieve the correction required. You will be instructed how to hook up the elastics the proper way for your case.

Slip Cover

You have been fitted with a delicate clear plastic retainer (called a Slip Cover), which is custom designed and constructed specifically for you. Slip covers must be relatively thin in order to have a minimal effect on speech, so they must be handled with care to avoid breakage. It is very important you wear the Slip Cover full time to minimize unwanted side effects (flaring of your lower teeth).

WHAT TO EXPECT

- Teeth may be uncomfortable for one or two days. Giving the patient an appropriate dose of Advil or Tylenol can alleviate soreness in the first two to three days after the initial placement.
- Speech may be affected for a short period of time while you adapt to wearing your Slip Cover
- Spaces may open around front teeth (That’s what we want to see! We will close the space in the future)

INSTRUCTIONS

- Avoid hard foods, gum, and extremely sticky candy.
- Brushing should remain the same.
- Wear the Elastics and Slip Cover 24 hours a day EXCEPT when eating and brushing your teeth but be sure to replace them immediately.
- Change your elastics 3 times daily. Meal time is a good time to change them.
- If you run out of elastics before your next appointment we can mail them to you or you can come by the office and pick them up.
- A fine emery board can be used to smooth rough or irritating edges on the Slip Cover.
- Keep your Slip Cover clean by brushing with a toothbrush when you brush your teeth and rinse with cool water.
- When not in your mouth, always place your Slip Cover in its case. Never leave it lying around or wrapped in tissue!
- Never place your Slip Cover in hot water or near a hot surface. Heat warps the plastic.
- Pets LOVE Slip Covers, keep it out of your pet’s reach.
- *Not wearing your elastics and slip cover as instructed will prolong your treatment time!*

Questions? Call us at – 971-9601
Visit our website at charlottesvilleorthodontics.com